

# Mesquite Pancake Breakfast

## 2016 Recipe

Generally, you can substitute about  $\frac{1}{4}$  to  $\frac{1}{2}$  of the flour called for in any of your favorite recipes with mesquite flour. Remember that each mesquite tree's pods have a unique flavor! Add more or less of *your* mesquite flour to make the recipes your own.

You can simply add mesquite flour to your favorite buttermilk pancake mix (1 part mesquite flour to 4 parts pancake mix), or follow the recipe below for guidance.

### Ingredients

- 3 cups all-purpose flour
- $\frac{3}{4}$  cup mesquite flour
- 3 tablespoons white sugar
- 3 teaspoons baking powder
- 1  $\frac{1}{2}$  teaspoons baking soda
- $\frac{3}{4}$  teaspoon salt
- 3 cups buttermilk
- $\frac{1}{2}$  cup milk
- 3 eggs
- $\frac{1}{3}$  cup butter, melted

### Directions

In a large bowl, combine the dry ingredients. In a separate bowl, beat together the wet ingredients. Keep the two mixtures separate until you are ready to cook. Heat a lightly oiled griddle or frying pan over medium high heat.

Pour the wet mixture into the dry mixture and blend until combined, but do not over stir! Pour the batter onto the griddle, using approximately  $\frac{1}{2}$  cup for each pancake. Brown on both sides.

Serve with prickly pear syrup, agave syrup, mesquite honey, or your favorite desert topping.